



Badminton

Color—"Introducing Badminton"

Camping

Color (4)

1 The Camper and His Equipment; 2 The Campsite; 3 Fires and Cooking; 4 Canoeing

Figure Skating

Black and White (3)

1 Equipment and Basic Skating; 2 Singles and Pairs; 3 Dancing on Skates

Lacrosse

Color—"Lacrosse—The Canadian Game"

Skiing

Black and White (4)

1 Selection and Care of Equipment; 2 Pre-season Conditioning; 3 Basic Skills (Part I); 4 Basic Skills (Part II)

Volleyball

Color—"Introducing Volleyball"

Water Sports

Color (2)

1 Compulsory Dives for Competition;
2 An Introduction to Snorkel and Scuba Diving

FILM LOOPS

Figure Skating

80 loops—3 sections

a Basic Skating Techniques and Figures;

b Free Skating; c Dancing on Skates

Synchronized Swimming

Series of loops on Basic Skills—Color

PUBLICATIONS

Basic Instructional Manuals On

Family Camping • Figure Skating •

Fitness—For Men and Women—For Young
Canadians • Lacrosse • Skiing • Volleyball •
Water Sports

Track and Field Wall Charts (series of 12)

Sprinting • Hurdling • Shot Put • Middle
Distance Running • High Jump • Discus
• Relay Racing • Triple Jump • Javelin •
Hammer Throw • Long Jump • Pole Vault

Information Materials

Physical Education and Recreation in Europe;
Points on Public Swimming Pools; Post-
Graduate Scholarships and Fellowships in
Fitness & Amateur Sport; Professional
Opportunities in Physical Education and
Recreation; Program For Everyone
(description of F. & A. S. Program)

*For full information on all of these materials including prices
(where applicable) and sources, please write to*

Fitness and Amateur Sport Directorate
Department of National Health and
Welfare
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FITNESS AND AMATEUR SPORT



Information Material Visual Aids Training Aids

BOOKLETS • PAMPHLETS
FILMS • FILMSTRIPS
SLIDES • CATALOGUES

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HONOURABLE JOHN MUNRO, MINISTER

LIBRARY

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UNIVERSITY OF TORONTO

Points on
PUBLIC SWIMMING POOLS

GET FIT-
KEEP FIT

get fit-keep fit

a physical fitness
and training guide
for young Canadians

FAMILY
CAMPING

Ski
FUN FOR EVERYONE

ALL
ABOUT
SKIING

about
LACROSSE

Figure Skating

and objectives in
physical education
and
recreation

A 16-mm COLOR
FILM
AND FOUR 35-mm
COLOR
FILMSTRIPS

PUBLICATIONS

Figure Skating
FUN FOR EVERYONE
MANUAL

A PROGRAM
FOR EVERYONE

CAMPING

2

HURDLING

HURDLE DISTANCES, HEIGHTS AND INTERVALS ARE

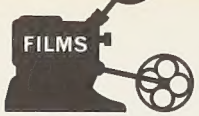
Event	Hurdle Height	Distance Between Hurdles	Interval Between Hurdles
100 yds	36 in	36 yds	10 yds
200 yds	36 in	36 yds	10 yds
300 yds	36 in	36 yds	10 yds
400 yds	36 in	36 yds	10 yds
500 yds	36 in	36 yds	10 yds
600 yds	36 in	36 yds	10 yds
700 yds	36 in	36 yds	10 yds
800 yds	36 in	36 yds	10 yds
900 yds	36 in	36 yds	10 yds
1000 yds	36 in	36 yds	10 yds

WALL CHARTS

KNOW YOUR
RULES

PLAN YOUR TRAINING

4



Badminton

Promotional, Color—14 minutes "Badminton"

Camping

Promotional, Color—28 minutes "Family Camping"

Figure Skating

Promotional, Color—14 minutes "Figure Skating"

Games

Promotional, Color—25 minutes "First Canadian Winter Games"

Promotional, Color—54 minutes "Countdown to a Gold Medal"—(Pan-Am)

Promotional, Color—55 minutes "Pan-American Games 1967"

Lacrosse

Promotional, Color—14 minutes "Lacrosse"
Instructional, Black & White—"Learning Lacrosse"
"Offence"—17 minutes
"Defence"—10 minutes

Recreation

Promotional, Black & White—28 minutes "When Your Time Is Your Own"

Skiing

Promotional, Color—14 minutes "Ski"
Instructional, Black & White—14 minutes "Learn to Ski"

Volleyball

Promotional, Color—10 minutes "The Name of the Game is Volleyball"
Instructional, Black & White—"Volleyball"

Water Sports

Promotional, Color—9 minutes "Get Wet"
Promotional, Color—10 minutes "Synchronized Swimming"
Instructional, Black & White—"Techniques of Competitive Swimming"